1:Redfield E-5 (1926-1927) 1930
NU37 Tepoztlan NU37

This description of the domestic equipment relates to most of the houses in Tepoztlán. A conspicuous minority, however, as has already been indicated, enjoy elements of modern industrial civilization. A house of this limited class may possess a few china dishes, or a few glasses, some metal pans, perhaps a sideboard or a metal bed or even a phonograph. The sewing machine alone, however, among modern machines, has become a part of the general Tepoztecan material culture; it is found in all parts of the village and in houses otherwise Indian in character.

Cookery[1] has been but slightly modified by European elements. The most important foodstuffs contributed by European culture are beef, pork, sugar, rice, chickens, eggs, and milk. Less important contributions are potatoes, lima beans, wheat flour, chick-peas, citrus fruits, and spices. The maize-squash-beans complex remains, however, the basis of cookery. These staples were and still are cooked with *chiles* and tomatoes. Honey is still used as a sweetening, but has been largely supplanted by cane sugar. Cinnamon has displaced the native vanilla. The apparatus of cookery and the accompanying techniques are almost untouched by European influence. Maize is boiled with lime and ground on the *metate* to a dough which is the basis of a variety of foods. Chief among these is the *tortilla* (N. *tlaxcalli*), the inevitable griddle-bread which accompanies every meal both as a food and as an eat-

[1] See Margaret Park Redfield, art., "Notes on the Cookery of Tepoztlán, Morelos."

l:Redfield E-5 (1926-1927)1930
NU37 Tepoztlan NU37

ing utensil. The principal variations on the *tortilla* are forms to which shortening has been added (S. *itacates;* N. *itacatl;* S. *clacloyos;* N. *tlatoyos;* S. *gorditas*), and *tortillas* filled with *chiles*, beans, or other foods (S. *memelitas*, N. *tlaxcalmimilli;* S. *tacos;* S. *migajes*, N. *xalli*). These variations are devised to carry food away from the house or to keep it edible some time after preparation. The same dough, stirred in water and strained, forms the basis of gruels (S. *atoles;* N. *atolli*), which are flavored in several different ways. These were a daily food in pre-Columbian times, but in Tepoztlán today they do not constitute a regular part of the daily fare.[1] To the same dough fat is added, and sometimes other ingredients, to prepare *tamales* (N. *tamalli*), which are rolls of this dough boiled in corn husks. Although the sweetened *tamal* is prepared to sell at the nearest railway station, in Tepoztlán itself the *tamal* is never a part of the daily fare; but, as in ancient days, is eaten only at *fiestas*.

Another pre-Columbian food category of undiminished importance includes the *moles* (N. *molli*). These are highly spiced sauces served with pieces of boiled meat. The spices are ground in the *molcajete* or on the *metate*. There are three *moles*, two festal and one secular. The last is a relatively simple sauce, chiefly of *chile*, served with pork or beef. It is often eaten at breakfast. *Mole verde* is a more complex combination of elements, served usually with beef. It is never served without *tamales*, and only at *fiestas* celebrating

[1] As they do, for example, in Cholula (Bandelier, *op. cit.*, p. 138).

1:Redfield E-5 (1926-1927) 1930
NU37 Tepoztlan NU37

a *santo*. *Mole poblano* (or "turkey *mole*" [S. *mole de guajolote*; N. *huexolomolli*]) in Tepoztlán may be made of as many as nineteen ingredients. It is always served with turkey and only on the occasion of very important *fiestas*, characteristically weddings and baptisms. 252 262

Another category, *tortas*, includes vegetables, potatoes, etc., which are ground, mixed with egg, fried, and served with *chile*. These represent an application of the aboriginal grinding- and *chile*-patterns to introduced foods. [177]

The cultivated and purchased foods are supplemented with a number of wild vegetable foods and occasionally game. 262

It will be observed that a very few techniques of cookery are employed. Foods are boiled, fried, or toasted. In spite of the presence of the oven, used by bakers and pastry-makers, domestic food is never roasted or baked. 252

Three meals a day are generally eaten. *Tortillas* and beans are found at nearly every meal; often there is little or nothing else. Meat is most frequently added. 264

The commonest beverage is coffee, home grown and toasted. Chocolate, the aboriginal drink, is everywhere known but its use is restricted by its cost. When made, it is beaten to a froth in the ancient manner. Milk is not rarely drunk, but usually sweetened with sugar or flavored with chocolate; it is almost never used as an ingredient in cookery. A variety of "teas" are made of native and also of introduced herbs and seeds. Commercial sugar-cane alcohol is largely drunk by the 272 [252] 273

1:Redfield E-5 (1926-1927) 1930
NU37 Tepoztlan NU37

agricultural seasons, while at other times of the year they may be largely or wholly idle.

The daily cycle of activity of the woman, on the other hand, follows much the same course throughout the year, but is not so clearly ended each day by the coming of darkness. While he is led by the cycle of the sun, she is the servant of another cycle—that of hunger and its satisfaction. The woman's practical activities are organized around the preparation of food. Grinding and cooking, she is engaged most of the hours of the day and many of the night. The man fetches wood for the hearth from the mountains, and brings most of the water used from the nearest tank; the rest of the domestic economy is in the hands of the woman.

The day begins while yet the sun is below the horizon. At once five hundred or more fires are kindled by the women of Tepoztlán; the acrid, low-clinging smoke of the pitch-pine kindling rises from the valley. The housewife begins at once to grind maize for the morning *tortillas* and to cook the breakfast dishes. Usually three meals are taken, one at about seven or eight o'clock, another an hour or more after noon, and a third at seven or eight at night. Some people, for whom the night is cool and the bed hard, stir themselves once during the night to eat once more before returning to rest.[1] At every meal *tortillas* are eaten. If times are bad, there may be only beans besides, or perhaps not even beans. When meat is obtainable, it

[1] This is hearsay.

1:Redfield E-5 (1926-1927)1930
NU37 Tepoztlan NU37

is usually prepared as *clemole*, boiled and served with a sauce of *chiles*. This is a favorite breakfast dish. The wealthier and more sophisticated buy baker's bread for the morning and the evening meals, but eat *tortillas* too. The afternoon meal is much the same; it is likely to be the heaviest meal of the day. Then may be eaten lima beans toasted, or *tortas*, or perhaps chick-peas. Coffee or chocolate, and less commonly milk, may be drunk at any meal.

Intimately, when only the family is present, all sit together on the ground beside the hearth and eat. (Of course the well-to-do use tables.) If male company is present, the man sits with the guests and they are served by his wife, who eats alone. After breakfast the man goes to the field, or to his workbench; the wife resumes her domestic labors. The last sound at night, when all other sounds but the braying of *burros* and the barking of dogs have failed, is the slap-slap of the *tortillera* and the subdued, wet, rubbing sound of the maize-grinder.

A large share of the woman's life and interests is taken up with the *metate*, that ancient grinding-stone that has not changed in form or function for thousands of years. For some ten years a small steam mill has been in operation in Tepoztlán;[1] to this the women may bring their maize to be ground. But that most of the maize is, nevertheless, ground on domestic *metates* is due not only to the fact that mill-ground maize

[1] This is owned and operated not by a Tepoztecan but by a man from Xochimilco, Federal District.

l:Redfield E-5 (1926-1927) 1930
NU37 Tepoztlan NU37

celebrated far more than any of those in the calendar of urbanized Mexico. It is the Independence Day of Tepoztlán, the Independence Day of our own history at a stage when the Declaration of Independence was still read before the fireworks.

It is, probably, an old occasion once truly religious, now in the process of secularization. The *fiestas* of the *santos* redefine symbols which are still clearly distinct gods. But the general state of holidays in Tepoztlán suggests something intermediate between the condition in a primitive tribe and that in modern city life. The holidays of Tepoztlán are still individual, unique, each with its special ritual. For the *fiesta* of Los Reyes the *castillo* must be made in a certain shape; for the *fiesta* of Ixcatepec it is traditional for certain dances to be done. The mere cookery of the festal occasions is still differentiated and assumes a sacred character. On Palm Sunday one eats *revoltijo;* on Easter Sunday one eats meat *tamales;* on the Day of the Dead several special dishes are prepared; on the days which celebrate *santos*, and on no others, one eats *mole verde.*

As urbanization progresses, it may be ventured, festal cookery becomes less specialized; ice-cream becomes—ice-cream. The holidays lose their special rituals; they tend to become all alike in what is done and in the meaning they come to have—a generalized Saturnalia without special symbolism. They become commercialized; they are consciously reformed. To this end the holidays of Tepoztlán have not yet ar-

1:Redfield E-5 (1926-1927)1930
NU37 Tepoztlan NU37

the afternoon) she brings the clothes. Candles are lit before the *crèche* and burning copal is set before it. The godfather brings rockets, and often a bottle of wine. The rockets are discharged outside the house while the godmother dresses the image. Everyone is given a drink of wine. The image is placed on a tray and passed around for everyone to kiss. Then follows the dinner traditional for birthdays and *sacamisas:* rice, *mole poblano*, and beans.

February 5.—Today is the anniversary of the signing of the constitution. But this is a national patriotic *fiesta* and of little importance in Tepoztlán. The schoolmaster discharges his obligation toward the school children by parading them with flags and perhaps making to them a patriotic speech. There may be music by some orchestra from the valley in the kiosk in the *plaza*. But most people in Tepoztlán have no notion of what day it is, and observe it not at all.

The dry season is now well advanced. The foliage has lost much of its brilliance, and the silk-cotton trees have shed all their leaves. The paths and streets are thick with dust now, and the pigs gather around the public washing stones where puddles of water may still be found. Occasionally great winds enter the valley and rage around the high-walled basin, clouding the contours of the hills and pulling tiles from off roofs. Then people stay in their houses and shut the doors to protect themselves from the dust.

There is nothing to be done in the *milpas*. The coffee is all picked and dried. There are some who

l:Redfield E-5 (1926-1927)1930
NU37 Tepoztlan NU37

*796 the afternoon a dinner is served there to twelve of the older men. This symbolizes the Last Supper. A thirteenth chair is left vacant. The Lenten meal is eaten: [264] fish, rice, and sometimes lentils and the dish known as [262] *revoltijo*.[1]

Wednesday.—Today and Thursday and Friday and on Saturday morning only absolutely necessary work is done. No social entertainment is held, no rocket is discharged. The men do not go to fetch wood from the mountains; the public washing-stones are deserted. The women do only the unavoidable grinding and cooking. People try to have enough water hauled by Tuesday night to last until Saturday. The bells are [534] not rung in the church towers; instead, the *matraca*, a huge wooden rattle, is sounded.

*796 *Thursday*.—The altars in the church are decorated 782 with laurel and with cedar. On each lie rows of oranges and *toronjos* (the shaddock), with little squares [824] of gold and silver paper pasted on them.[2] An image [778] (El Señor de Santo Entierro) is displayed in a glass-and-gilt coffin. A man sits at the entrance of the church to collect offerings (which are occasional and not made as perpetual pledges) for the crown and clothing of this image. In the afternoon, if the priest is there, he washes the feet of the Disciples. Many

[1] A seasoned stew of shrimps and nopal (cactus).

[2] The laurel and cedar are given away the following Monday. They are used [789] to stop storms, particularly hailstorms. When a storm approaches, people put one of these sacred boughs on the fire and the storm recedes. Frances Toor (*op. cit.*, p. 54) says they are also hung up at doors and windows to keep out evil spirits. The oranges and shaddocks are blessed by the priest and sold; the peel is [757] used for various remedies.

l:Redfield E-5 (1926-1927)1930
NU37 Tepoztlan NU37

*796 [794] In the morning the *mayordomo* of the Santo Entierro comes to the church with the men and boys whom he has asked to help him. Before the central altar they build a wooden platform covered with green boughs, and on it they erect four green trees. This is Calvary. A cross is laid ready. They also clean the gilt-and-glass coffin and place it on a litter near the platform. [794] Then they go to the house of the *mayordomo* for a meal [264] which includes the Lenten dishes: fish, *guasoncle*,[1] [262] sage tea, and lentils or lima beans.

At three in the afternoon the rattle sounds from the [782] roof of the church, which soon fills with people. After prayers the image of the Santo Entierro is borne to the front of the church and bound to the cross. Silver nails are inserted in the hands, and a silver crown of thorns is placed on the head. The cross is raised on Calvary. The *anxeltin* carry the figure of the Virgin up the aisle; it is placed at the foot of the cross. The [782] tall candles are placed beneath the images; copal is burned before them. Each woman worshiper kneeling [533] on the floor lights a candle. Musicians play a dirge. At about five o'clock in the evening the image is lowered from the cross and ceremonially washed with cotton. Then it is placed in the glass-walled coffin and borne in a procession around the atrium of the church. The procession moves slowly between two rows of women carrying lighted candles. While the same mu- [533] sic plays in the procession, a man with a small drum and another with a metal flute stand in one corner of

[1] A flat fried cake of eggs, cheese, tomatoes, and fat.

CHART 1. A Synchronic Record of the Activities of Each Member of a Tepoztecan Family.

Time (March 28)	Father	Mother	Eldest Daughter	Second Daughter	Youngest Daughter
A.M.					
6:00– 6:30	In bed	Rises, makes fire and coffee	In bed	In bed	In bed
6:30– 7:00	Rises, feeds cattle, takes them to pasture	Goes to buy bread, sweeps patio	Rises, sweeps kitchen, prepares utensils	Rises, goes for milk	" "
7:00– 7:30	Drinks coffee	Serves husband and self coffee	Grinds corn, makes tortillas	Drinks coffee, cuts and stores dried fish	Rises, washes, combs hair
7:30– 8:00	Hauls water, shells corn for mules	Resumes sweeping patio	" "	Smooths and folds laundered clothes	Breakfasts
8:00– 8:30	Breakfasts	Combs hair, breakfasts, serves others	" "	Breakfasts	Goes to school
8:30– 9:00	Talks with investigator	Cuts squash for animals, cooks squash, shells corn	" "	Makes beds	At school
9:00– 9:30	Goes to bed	Arranges squash in market basket	Breakfasts	Sweeps porch	" "
9:30–10:00	In bed	" "	Washes dishes	Washes arms and feet, combs hair	" "
10:00–10:30	" "	Goes to market to sell corn and squash	Prepares corn for grinding	Accompanies mother to market to make purchases	" "
10:30–11:00	" "	At market	Prepares and cooks stew	At market	" "
11:00–11:30	" "	" "	"	" "	" "
11:30–12:00	"	" "	" "	Returns home, polishes nails	" "

[p. 63]

[231]

[231]

[264]

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

462
512
594

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

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512
594
[64]

CHART 1. A Synchronic Record of the Activities of Each Member of a Tepoztecan Family (*Cont.*).

Time P.M.	*Father*	*Mother*	*Eldest Daughter*	*Second Daughter*	*Youngest Daughter*
12:00–12:30	Feeds mules	At market	Grinds corn	Talks with recorder	Returns home
12:30– 1:00	Rests	" "	Makes tortillas	Feeds chickens	Does nothing
1:00– 1:30	"	Returns home, prepares lunch	" "	Helps making tortillas	" "
1:30– 2:00	Eats and talks with recorder	Serves and eats	" "	Eats	Eats
2:00– 2:30	" "	" "	Eats	"	Goes to school
2:30– 3:00	Reads prayers	" "	"	Sews	At school
3:00– 3:30	Goes to bed	Hauls water for animals	Washes dishes	"	" "
3:30– 4:00	In bed	In bed	" "	"	" "
4:00– 4:30	" "	Cleans dried gourds	Shells corn, prepares dough	"	" "
4:30– 5:00	Reads prayers	" "	" "	"	" "
5:00– 5:30	In bed	" "	Mends her clothes	"	Returns home
5:30– 6:00	" "	Feeds turkeys	" "	"	Reads
6:00– 6:30	" "	Cuts squash for animals	Knits	"	Talks to friends
6:30– 7:00	" "	Mends blouse	"	"	" "
7:00– 7:30	" "	Goes to visit mother	Grinds corn	Goes for bread	Knits

CHART 1. A Synchronic Record of the Activities of Each Member of a Tepoztecan Family (*Cont.*).

Time	*Father*	*Mother*	*Eldest Daughter*	*Second Daughter*	*Youngest Daughter*
P.M.					
7:30– 8:00	In bed	Sits in kitchen, talks with girls	Makes tortillas	Prepares coffee	Knits
8:00– 8:30	Gets up to drink coffee	Serves coffee to family and self	Eats	Eats	Eats
8:30– 9:00	Goes to bed, takes medicine and foot bath	Prepares medicinal drink and foot bath for husband	Washes dishes	Knits	Knits
9:00– 9:30	In bed	Goes to bed	Goes to bed	"	"
9:30	" "	In bed	In bed	Goes to bed	Goes to bed
(March 29)					
A.M.					
6:00– 6:30	Rises, feeds cattle	Rises, puts up coffee	Rises, makes fire, sweeps kitchen	In bed	In bed
6:30– 7:00	Drinks coffee	Hauls water, goes for bread	Grinds corn	Rises, goes for milk	" "
7:00– 7:30	Hauls water	Has coffee and bread	" "	Waters plants, has coffee and bread	Rises, washes
7:30– 8:00	Takes cattle to pasture	Goes to wash clothes at *lavadero*	Makes tortillas	Sweeps, makes beds	Eats
8:00– 8:30	Breakfasts and talks with family	Washes clothes	" "	Goes to pick flowers	Goes to school
8:30– 9:00	Feeds animals	" "	Breakfasts	" "	At school
9:00– 9:30	Looks for carpenter's tools	" "	Prepares beans	" "	" "

[p. 65]

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

HQ 512 594 [R64]

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

585 before the local municipal authorities in the same clothing they wear daily. They obtain a marriage certificate for which they pay a fee which varies with the economic status and political connections of the groom. Some pay as little as five or ten pesos; others pay as much as fifty pesos. After they get their marriage certificate [264] the couple may go to the home of the groom where chocolate, bread, wine, and *ponché* may be served. However, the simplicity of the civil marriage is in sharp contrast with the elaborate and expensive preparations for the church marriage.[8]

582 Less than a generation ago, girls commonly married between the age of twelve and fifteen and boys anywhere from sixteen to thirty, but most often in their middle and late twenties. Today there is a definite trend toward later marriage for girls and earlier marriage for boys. An analysis of 133 Tepoztlán marriages recorded in the municipio marriage registry from 1941 to 1946, inclusive, reveals that most girls marry between fifteen and seventeen and most boys between nineteen and twenty. (See Table 13.)

TABLE 13. Frequency Distribution of Age of Marriage for Men and Women in 133 Cases Recorded During 1941-1946, Inclusive.

Age	No. of Men	No. of Women	Age	No. of Men	No. of Women
12	0	1	26	2	2
13	0	0	27	1	1
14	0	5	28	2	0
15	0	22	29	3	1
16	0	28	30	2	3
17	8	27	31	0	0
18	11	15	32	1	2
19	17	11	33	1	0
20	27	1	34	2	0
21	10	0	35	3	0
22	11	4	36	3	0
23	9	3	37	3	0
24	4	0	38	2	0
25	4	0	39	0	0
			40	1	0

Eighty per cent of the women and twenty-seven per cent of the men married at nineteen or earlier, whereas only ten per cent of the women and fifty-four per cent of the men married in their twenties. There are many more marriages of men than women in their thirties and forties. The few women who marry after twenty-nine represent cases of second marriage. In the past a girl who was not married by the [589] time she was twenty had little chance of getting married; and it was said of such girls, "She might as well enter a convent," and "She is ready to dress saints." More [875] and more girls are delaying marriage in order to go through secondary school and become teachers. It is interesting to note that many of the Tepoztecan school-

[8] In the past there were two stages in the civil marriage, the *presentación* and the actual marriage.

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

857 868 near by, carry a small can of water or corn dough, or chase the chickens from the garden.

At the age of six, many children are sent alone to the corn mill or to the plaza to buy small articles. At seven, they may be required to take care of a younger brother or sister after school hours. Some differentiation between sexes in connection with work begins at about age six, when boys protest doing a girl's work and mothers tend to avoid assigning such tasks. But most small boys continue to do tasks for their mother at home for several years and are expected to obey her orders. At about age six, boys occasionally accompany their fathers to the fields. They look forward to this, and the first trip is an important occasion in their lives. Small boys [241] are not expected to work in the fields but may help in weeding, watching the animals and tools, gathering wood for the fire, and in running errands. From about eight years of age, many boys regularly carry the noon meal to their father in the [264] fields and are required to help with the weeding and cultivation.

As boys get older, their principal work is to pasture the animals and to guard [233] them from being lost or stolen. This work is usually done alone but sometimes two brothers or cousins of about the same age go together. The boys are required to rise early, take the animals to pasture before school, and bring them home after [872] school. Boys are frequently kept out of school to watch the animals or do some other work. From about ten years of age, boys join their fathers and brothers in the [241] field daily to learn the work of a farmer. By the time a boy is fifteen he generally can drive a plow and go through all the necessary steps in planting and harvesting. Most boys enjoy this work and are eager to become farmers. At home, boys of fifteen or so usually haul water, water the plants, take care of large animals, provide firewood, pick fruit, and help shell corn.

Girls generally begin to help their mothers in a serious way at about age seven by taking care of younger children, sweeping, washing dishes, picking up the *petates*, putting away things, and feeding the chickens. Most girls are eager to learn to cook, grind corn, and make tortillas; they begin to learn at age five or six by imitat- [252] ing their mothers. By the time a girl is nine she is generally quite skillful at these [296] tasks and can also cook beans, rice, and prepare coffee. At ten years of age, most girls are expected to wash and mend their own clothes and those of the baby of the family. A girl of thirteen frequently can do all the work of a woman except wash and iron large articles and cook more complicated dishes; this she begins to do at [294] fifteen. Few girls are able to cut out and sew clothing before marriage, although it is one of the necessary skills.

BY SEASON

221 The seasonal division of labor follows quite closely the succession of wet and dry seasons. In plow culture, the agricultural cycle begins with the coming of the first rains, generally in May. In hoe culture, the preparation of the land begins in the dry season between January and February. In September and October the plum harvest engages most families, and then in December the corn harvest begins.

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

cultivation. However, it probably also serves to strengthen the outside rows against the wind, and Tepoztecans believe that it protects the inside of the milpa.

In the more fertile lands which are in the hotter and lower portions of the municipio, it is customary to hill all the plants because the corn grows so fast that a third cultivation with oxen would damage the tall plants. The hilling of each plant requires much more labor, and therefore necessitates more capital when *peones* are hired for the job. In areas within the municipio such as Calamatlán, where this hilling is done, the process is referred to as *una tierra y medio cajón*, that is, one cultivation followed by hilling. The hilling is believed to safeguard the tall plants against the winds.

The termination of cultivation is known as the *acabada* and is celebrated by a fiesta in the fields and at home. This generally occurs toward mid-August. Immediately after the last hilling, some Tepoztecans walk around the milpa and recite a speech. The following is a typical speech.

Now I have fulfilled my obligation of attending and cultivating you as you deserve. Now if you do not want to produce, that is your responsibility. For my part I now retire.

A wooden cross is sometimes put in the center of the milpa after the last row is cultivated and prayers and religious songs are said by the owner. Fireworks are set off and bread and cheese, tequila and *ponche* are served to the workers and others present. The oxen are decorated with flowers, generally dahlias, tulips, and banana leaves, and a picture of San Isidro. After celebrating in the milpa the oxen are driven home, where there is more food and drink for the *peones*, the family, and any *compadres* and friends who may be invited. Tamales, rice, tortilla, *mole verde*, and drinks of *ponche* are plentiful, and firecrackers are set off in the patio.

The last cultivation and its celebration are generally over by late August. There follows a long period during which relatively little is done in the cornfields. During this time the farmers harvest their *ciruela* crops, which ripen in early September.

Toward the end of September the fresh corn is ready in the fields, and families turn out to the milpas to roast corn and to drink *ponche*. On September 28, the day of Saint Miguel, the farmers carry a cross made of *pericón*, which has been blessed by the priest, and they place it on the four sides of the milpa to protect it against strong winds which often blow at this time. It is an old belief that if the winds blow strong and the corn is damaged it is because the dancers who represent El Tepozteco at the fiesta on September 8 did not perform properly. While this explanation is widely known, few still believe it. Another old idea is that the wind is caused by the angels spreading their wings.

During October the weeding of the milpa with machete is done wherever necessary. A milpa of ten or twelve *cuartillos* can generally be done by a man in one or two days. After that there is a long period when no work in the milpa is done. During this time farmers continue to pick their *ciruelas*, look after their animals, cut wood, and do other tasks around the house.

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

we have money we eat, when we don't, we don't" is an oft-heard statement. The lowest part of the year for the majority are the three or four months preceding the harvest. During this time, many families are reduced to minimum quantities of tortilla, beans, and chile as steady fare or even merely *tortilla con sal* (with salt). 262

Before fiestas many families pull in their belts and eat less in order to sell their corn, beans, eggs, and chickens to get cash for new clothing, for the fiesta meal, and for spending money. The best eating occurs just after the harvest, and on fiesta days when *mole* made with chicken or turkey and rice and beans is served. Other irregularities of consumption are due to the seasonal availability of fruits and vegetables. Also, if the family trees produce poor *ciruelas*, papayas, or wormy mangos, it means that the family goes without these foods. The locally grown oranges, grapefruits, and lemons are normally inferior in quality and quantity. [245]

Meat consumption rises during the dry winter months when pasture is scarce and cattle are slaughtered. Eggs are generally eaten only by men, especially during the planting season when work is most intense. Chicken and turkey are delicacies which are reserved for ficitas, weddings, baptisms, and birthdays. With the exception of the wedding feast, which is socially obligatory and served by rich and poor alike, many families must forego serving fiesta meals, sometimes for years on end, and partake of them only when invited by other families. Game is not eaten extensively, and the few men who hunt do so only when there is no other work, mostly during the dry season. [574] [224]

The correlation between diet and wealth is a positive one, in that the wealthier a family is the better it tends to eat. Its meals are larger and contain more variety throughout the year. But differences in the diet of the rich and poor consist principally in differences in the amount of food eaten, and in the relative frequency with which a family can afford to eat the more desirable of the locally known food types. There are no class differences in food quality, in food types, or in ways of preparing dishes. The better-to-do have no special recipes, no unusual ways of cooking, no exotic foods which are unknown to the poor. 262 556 [735]

Many of the wealthier families, because of custom and habits of thrift, do not always eat the newer foods, such as bread or canned fish, nor do they necessarily indulge in luxuries like milk, eggs, chicken, sweets, fruits not locally produced, or out-of-season foods except for fiestas. In fact, it is commonly said in Tepoztlán that the rich are too miserly to eat any better than the poor. Whatever the reason, there is an underlying homogeneity in type of foods eaten; and if all families were equal financially, there would be much more uniformity in diet than at present. It is not wealth, but education or degree of acculturation, which is beginning to create real differences in diet.

Tepoztecan families normally eat three meals a day, although many remember eating only twice a day before and during the Revolution, because of poverty. It is seldom that the entire family eats together, and often there are no fixed hours for meals. The father and older sons eat together in the morning before they go to the fields and in the evening when they return. If the field is at a great distance, the 264 [735]

2:Lewis E-5 (1943-1948)1951 NU37 Tepoztlan NU37

264 men carry their breakfast with them, to be warmed and eaten later. (See Fig. 40.) They may eat once again at noon and have their dinner when they arrive home, at any time from 5:00 to 9:00 P.M.

562 855 When they eat at home they are usually served first and receive preferential treatment. The women and children who remain at home eat breakfast at 7:00 or 8:00 A.M., dinner at about 1:00 P.M., and supper at dusk. Younger children are generally fed before the mother and the older daughter sit down to eat. In most homes the

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Fig. 40. Men eating in the fields.

351 562 members of the family sit on low chairs or stools, or the women and children sit on the floor. Very few families use a table except during a fiesta meal, and then it is only for the men and guests. Likewise, knives and forks are generally reserved for fiesta times only. The mother serves, handing each person his food in a bowl or wrapped in a tortilla. Spoons may be used, but food is usually eaten with the tortilla as a spoon.

272 264 735 178 757 For most people, breakfast consists of black coffee and tortilla. Some take milk in their coffee and eat bread instead of tortilla; some eat toasted meat or warmed-over beans. During hard times, poorer families drink tea made from cinnamon or local herbs instead of coffee. It should be remembered that coffee drinking is a relatively new phenomenon among the poor; in the late nineteenth century only the *caciques* could afford it. Today, tea drinking is associated with poverty or illness, for many of the teas are used to cure stomach-ache, colds, sore throats, etc.[6]

273 751 [6] In many families it is customary for the father to begin the day with a drink of alcohol. Similarly, when the peasants return from the fields at night, they generally take a drink of alcohol to counteract *los aires* and to avoid taking cold.

2:Lewis E-5 (1943-1948) 1951 NU37 Tepoztlan NU37

Dinner, the most substantial meal, is eaten in the middle of the day whenever possible. It may consist of beans, tortilla, and chile. A good dinner, according to the Tepoztecan view, should include meat cooked with some vegetables, a bowl of rice or noodles cooked in broth, and the inevitable beans, tortilla, and chile. Coffee may or may not be taken at the end of dinner. Supper generally consists of coffee and tortillas or bread, with perhaps a piece of cheese.

Variety is provided by changing the type of meat or by using fish and by varying the vegetables. Fruit, peanuts, sugar cane, candies, cookies, and other sweets are eaten between meals and are generally not regarded as food to be included in a meal. The taste for sweets is developing among the children, particularly school children, and they are becoming more demanding of their parents in this respect.

To get a better notion of the quantities of food consumed, as well as of the variety, we will examine a typical weekly food budget of a well-to-do family and of a poor family. (See Tables 48 and 49.) The prosperous family selected is in the upper economic group and is one of the more respected, educated families in the village. At the time of our study, the family consisted of the parents and an adult son and daughter. Both the son and daughter had received considerably more education than is common, and both had lived in Mexico City with relatives.

The other family is one of the poorest in the village. The father is a *tlacololero* and works alone to support his wife and seven young children. An older daughter left home to work as a servant in Cuernavaca, but she contributes nothing to the family. The ages of the children at home range from an infant-in-arms to fifteen years. Both families were observed during the summer months before the harvest in the year 1944. The slight differences in some of the prices were due to local fluctuations; the smaller quantities purchased by the poor family sometimes resulted in higher costs. The weekly budgets represent a summary of daily expenditures directly observed or estimated by our field workers.

A comparison of the weekly food budgets reveals that, although Family I has fewer mouths to feed, it spends three times more on food and consumes consistently more of every food item, with the exception of corn, green chile, lard, and salt. Its weekly diet provides greater variety, more sources of protein and more of the highly prized "luxury" foods. The corn-beans-chile-complex mentioned earlier makes up only 13 per cent of the diet of Family I and 46.9 per cent of that of Family II. Taken alone, corn represents 34 per cent of the food expenditure of the poor family and 9 per cent of that of the well-to-do family.[9] Despite this, the latter consumes only 2½ *cuartillos* less corn a week. If we consider those food items which are consumed daily or in the greatest quantities weekly by the poor family, we find that corn, beans, green chile, lard, wild greens, coffee, sugar, salt, and green tomatoes make up 83 per cent of the expenditure of this family. These foods may be said to be the real core of their diet. The same foods take up only 22 per cent of the expenditure of the other family.

[9] During certain times of the year some Tepoztecan families live on a diet which consists of from 50 to 70 per cent corn.

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D. *FIESTA CALENDAR OF TEPOZTLÁN*

796 Jan. 1. *Fiesta de Divina Providencia,*[1] celebrated in the central parish church: Candles burn in church all night. Members of the Adoración Nocturna keep vigil all night, and confess, and take communion at midnight Mass. Most Tepoztecans attend church on January 1 to petition (*las tres monedas*) the Divine Providence for food, clothing, and shelter for the year. A coin is dropped into the church box for each of the petitions. *Mole* and tamales with pork are eaten by many families; poor families eat tamales made with squash flowers. It is becoming customary for the younger generation to present parents with a small gift on this day.

[782] [264] [735] [431]

Jan. 6. *Fiesta of "The Kings,"* celebrated in Los Reyes: The secular aspects of this fiesta consist of the burning of "*toros*" and a *jaripeo*. This is not an important fiesta but popular with the children because they may receive gifts from their parents. This custom was introduced by the Colonia Tepozteca of Mexico City who used to distribute gifts to the poor children of the village.

Jan. 12. *Fiesta of the Virgin of Guadalupe,* celebrated in Santo Domingo: One of the two fiestas of this barrio. It was originally a secondary fiesta honoring the Virgin one month after her Saint Day, but has recently become rather elaborate and costly. The residents of the barrio have boasted that they have enough money to give two fine fiestas and to do fitting honor to the *Virgencita*. There is music and fireworks all the morning of January eleventh. On the twelfth and thirteenth, there is a *jaripeo* and a *torito*.

Following Sunday. *Fiesta of the Virgin of Guadalupe,* celebrated in Gabriel Mariaca: This village is obliged to postpone its festivities because they conflict with the barrio of Santo Domingo. Many Tepoztecans attend this fiesta.

Jan. 20. *Fiesta of San Sebastián,* celebrated in San Sebastián and La Calera: In this case the village of La Calera refuses to postpone its fiesta, so both are given the same day. The only unusual feature of this barrio fiesta is the *brinco* or dance by the *tiznados* or black-faced dancers. There are usually some fireworks and musicians.

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Feb. 2. *Fiesta of the Candlemas,* celebrated in the parish church and at some domestic altars: The raising the child Jesus for the *sacamisa*. A few families set off fireworks, hire musicians, and serve *mole,* chocolate, and cakes to the ceremonial godparents.

[264] 527

Sunday, Monday, and Tuesday preceding Lent.[2] *Fiesta of the Carnaval,* celebrated in the plaza of Tepoztlán: The church is open, but almost no one attends, as the fiesta is now largely secular. This is the most splendid fiesta in Tepoztlán and attracts visitors from far and near. Buses run every half hour on these days, and the local merchants do brisk business. It is estimated that 45,000 pesos were spent by villagers on the Carnaval of 1946. Most of the expenses are incurred in the purchase of new *chinelos* costumes by those who dance, in the buying of new clothing by almost everyone, in drinking and good eating, and in payment of the many bands of musicians who take turns playing. The three large barrios organize *comparsas,* groups of *chinelos* dancers, and compete with each other in the size of the group, elegance of costumes, and endurance in dancing. Most Tepoztecan youths aspire to dance at the Carnaval, and work hard to earn money to buy or rent a costume. The costumes have become more costly and elaborate with each passing year.

[535] [292]

[1] Our informants did not agree with those of Redfield, who designated this day as the fiesta of *Santa María de Tepoztlán.*

[2] Redfield reported six days of festivities for the Carnaval. During our stay, there were only three fiesta days.